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CELIA HECHT: Celia Hecht, C-e-l-i-a

4 H-e-c-h-t.

5 I want to read a statement from a posttrauma
6 management specialist. It's called "Healing Terrorism
7 Sickness," and I want to read parts of it that are
8 relevant to these hearings because to hold 29 hearings
9 around the state of Nevada at this time, two weeks from
10 the September 11th tragedy -- I'm originally from New
11 York, Sandi is originally from New York. I don't know
12 how many others of you are originally from New York, but
13 it affected our entire country, and we're still
14 experiencing the effects of this tragedy.

15 So to hold these hearings on top of having to
16 deal with the events of September 11th is a travesty, and
17 it's a retraumatization, and I want to tell you why these
18 hearings are being held at this time, just propose that
19 maybe this is why they are holding these hearings, while
20 we're stunned, while we're depressed, while we're
21 anxious. These are some of the symptoms of posttrauma
22 that we're experiencing right now.

23 And I'll start to read this statement.

24 "In terrorism the numbers of persons affected
25 are huge. Terrorism is meant to affect

102

552285

1 thousands and millions of people all at
2 the same time. Most people think that
3 the terrorists' main aim is to destroy
4 and kill people and installations, but
5 this is only a secondary aim.
6 "Yes, I know this sounds unbelievable,
7 but it is so. The main goal of terrorism
8 is intentional trauma to the living. The
9 murder and mayhem are secondary goals.
10 The concept of doing ongoing psychic
11 injury to thousands and millions all at
12 the same time is an important tactic of
13 terrorists. Terrorists understand, if
14 only in their diseased unconscious, that
15 accomplishing such will unleash a greater
16 communicable and spreading psychic
17 infection than any biological or germ
18 warfare could ever hope to achieve.
19 "This infection that the terrorists hope
20 to circulate is that of innocent persons
21 like us becoming afraid of life, afraid
22 of the future, of causing people to put

552285

23 off the living of life, to move in ways
24 that are far less than their previous
25 free selves. The effect of living in
103
1 such a crouch hurts the human spirit and
2 the human heart. The main goal of
3 terrorism is intentional psychological
4 trauma.
5 "There are many ways" -- and if people
6 want copies of this, I can get you --
7 "ways to heal the posttrauma. We can
8 refuse to dwell on what psychically
9 depletes us of hope."
10 However, the Department of Energy is forcing
11 us to deal with it and continue to deal with what
12 happened on September 11th by holding these hearings at
13 this time.
14 "We can dwell on what strengthens us. We can
15 do many things to take care of ourselves,
16 rest, food, not entertain bad thoughts,
17 refuse to think that you're less able
18 than you were last week. With regard to
19 goodness and things that are good for you

552285

20 and others, do what you always do, do not
21 cease. Continue to implement your life's
22 dreams. If you don't have one, go for
23 it.
24 "Over a period of time you may find
25 yourself having one of the following

104

1 reactions. These are normal reactions.
2 Fatigue, inability to sleep, sleeping too
3 much, exhaustion, changes in appetite,
4 feeling numb, crying, need for comfort,
5 nightmares, flashbacks, feelings of fear
6 and guilt, helplessness, maybe you can't
7 stop crying, you're angry."
8 So why is it the Department of Energy seeking
9 to hold these hearings at a time to retraumatize people,
10 when people are numb, when people are anxious, when
11 people are afraid. Why is the Department of Energy
12 causing more harm, putting more fear into people? People
13 do not need to be holding these hearings at this time,
14 and we need to hold the Department of Energy and our
15 leaders accountable for what they're causing each one of
16 us here tonight and the millions of Americans that they

4

17 are putting fear -- more fear and trauma into by holding
18 these hearings at this time.

552285

19 I have some more actions to take for
20 recovery. "Talk to people. Talk is healing. Talk it
21 out. Try not to cover up your feelings."

22 Maybe one of the good things we're doing here
23 tonight is by talking and expressing our feelings, so
24 inadvertently we're subverting their process by being
25 here tonight.

105

1 But I just wanted to let you know what the
2 Department of Energy is doing and why they're doing it at
3 this time. They're doing this while we're vulnerable,
4 and that's -- that's beyond a travesty.

5 "Reach out to other people. Reach out to
6 people who care about you. Spend time
7 with people who care about you. Don't
8 isolate yourself. Call your loved ones
9 and, in the ensuing days, find things to
10 do that feel rewarding or refreshing. It
11 doesn't need to be big things. Just
12 balance the tragedy that you have been
13 through. When you feel bad, find a

552285

14 person to talk to and cry with. Tell
15 them of your anger and your helpless
16 feelings. Don't keep it inside. Your
17 spiritual beliefs will definitely help
18 you through.
19 "We all wish to be brave and strong in
20 the face of disaster. We all wish to be
21 looked up to for our endurance and our
22 effort to help others. If you truly care
23 for humanity, include yourself, include
24 yourself, include yourself. You deeply
25 deserve to be included."

106

1 I would like to just close and say, Spencer
2 Abraham, you have retraumatized the people of Nevada.
3 Thank you.

[Other commenters spoke, then Ms. Hecht spoke again.]

20 PAUL HARRINGTON: Is there anybody else?

21 CELIA HECHT: Actually, I have a question for
22 you. I want to know --

23 PAUL HARRINGTON: If this is testimony, this
24 will just be your statement. You can ask it as a
25 rhetorical question if you'd like.

147

552285

1 CELIA HECHT: We already know what the answer
2 to this is, so it can be a rhetorical question.

3 I want to know how much the DOE publicized
4 this. All of the -- I want the people here to know who
5 publicized this event, this hearing tonight. It was not
6 the DOE, so we know the answer to the question, that the
7 DOE did not tell you that this was happening tonight, it
8 was Citizen Alert, so I just wanted that to be on the
9 record.

10 And I would like an answer to the question of
11 how much the DOE publicizes these hearings here, there
12 and -- all these 29 hearings. That's the end of my
13 testimony. Now, can you give me an answer?